

# 30 Day Social Media Detox



## DAY-1

☐ No facebook until 12 pm.

## DAY-2

☐ No social media updates today!

## DAY-3

☐ No social media scrolling till 11 am.

## DAY-4

☐ Call 3 friends today, don't just stalk!

## DAY-5

☐ Spend 2 hours phone free with someone.

## DAY-6

☐ Twitter free day!

## DAY-7

☐ Meditate 15-20 min. phone free

## DAY-8

☐ Limit of 20 min. social media today.

## DAY-9

☐ No facebook today!

## DAY-10

☐ No status updates today!

## DAY-11

☐ 1 hour of an activity you've never done.

## DAY-12

☐ Limit of 20 min. social media today.

## DAY-13

☐ No sim until 2pm today.

## DAY-14

☐ First hour of today phone free.

## DAY-15

☐ Halfway there! no SM ALL day.

## DAY-16

☐ No phones at meals all day.

## DAY-17

☐ Laptop closed and off by 6 pm!

## DAY-18

☐ Exercise phone free today.

## DAY-19

☐ Limit of 15 min. social media today.

## DAY-20

☐ Instagram free day!

## DAY-21

☐ No social media scrolling till 3 pm.

## DAY-22

☐ No social media after 5 pm.

## DAY-23

☐ Zero social media today!

## DAY-24

☐ 30 min social media limit.

## DAY-25

☐ Read for 45 minutes today.

## DAY-26

☐ No social media scrolling till 4 pm.

## DAY-27

☐ Instagram free day!

## DAY-28

☐ Surprise a loved one. no phone night.

## DAY-29

☐ Journal future goals. no phone 1 hour.

## DAY-30

☐ Your choice challenge yourself!

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